



The first four graphs are all designed to record your study efforts for ten weeks.

Remember to draw a line across the graph to indicate the goal that you have chosen. By dedicating yourself to a certain number of hours per week, you are providing yourself with the potential to improve your understanding, recall and results. This is an impressive step that you are taking!

Study Record

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10

Study Record

20										
19										
18										
17										
16										
15										
14										
13										
12										
11										
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10

Study Record

30										
29										
28										
27										
26										
25										
24										
23										
22										
21										
20										
19										
18										
17										
16										
15										
14										
13										
12										
11										
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10

Study Record

40										
39										
38										
37										
36										
35										
34										
33										
32										
31										
30										
29										
28										
27										
26										
25										
24										
23										
22										
21										
20										
19										
18										
17										
16										
15										
14										
13										
12										
11										
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10